

✦ *Inspiring the Soul*

CREATIONS

MAGAZINE

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TO-DO LIST

SAVE THE
PLANET

The Turning Point – Gregg Braden

Genetic Roulette: Avoid Genetically Engineered Foods! – Jeffrey M. Smith

Better Living Through Sacred Geometry – Caroline Nettle

Reconnect with Nature and the Spirit of the Forest – Celia Fenn

Unearthing Venus – Cate Montana

HOW TO AVOID ROOT CANALS

One of the most dreaded statements a dentist can make is "You need a Root Canal." Root Canal Therapy (RCT), more than any other procedure, is associated in the minds of the public with agonizing pain and suffering. Most people have heard of at least one horror story of suffering before, during, and after root canal therapy. Some have even experienced this for themselves. In addition, when root canal therapy is done improperly, bacteria and their toxins are left inside the tooth. Over time, an abscess can form destroying your jawbone (cavitation) and spreading bacteria throughout your body. This can lead to disastrous health consequences, pain, suffering and additional need for treatment and accompanying cost. So, avoiding RCT should be on everyone's top 10 list, especially if you are already nervous about going to the dentist.

PREVENTION: Every large filling, crown, root canal or extraction with the exception of trauma or wisdom teeth, had its beginnings as a tiny cavity. Avoidance of diagnosis (regular exams by a dentist or x-rays),

delaying of treatment, or your dentist's lack of available modern technology, such as decay detecting lasers and lights, can result in a cavity getting so big that the nerve becomes infected. When this happens, root canal therapy becomes unavoidable.

PULP CAPS: Placing liners or bases in deep cavities to protect and soothe the nerve is nothing new. However advances in modern dental materials has made it possible to perform "pulp caps" in a much more predictable way. New materials such as Resin Modified Calcium Silicate and Mineral Trioxide Aggregate have increased the probability that pulp caps maintain the vitality of the nerve. These materials disinfect the tooth and release the building blocks of tooth structure into the nerve and softened dentin to help rebuild the tooth's integrity and allow the nerve to heal in a non-toxic environment. In fact, Root Canal Specialist Dr. Jeffrey Etes in Smithtown Long Island, has developed a technique that predictably helps save children's adult teeth from needing Root Canals even when the cavity

reaches the nerve. In fact, he is one of the few Endodontists in the country that comfortably treats children.

BIOMIMETIC DENTISTRY: Is the most modern approach to tooth reconstruction based on the latest science and techniques. Its primary tenet is to rebuild teeth to mimic nature's design. Tooth conservation and nerve protection is at the heart of this dental approach. There are currently a little over 250 Biomimetic Dentists trained at the Alleman-Deliperi Center for Biomimetic Dentistry and three of them practice in Smithtown, Long Island. Biomimetic dentistry's inherent minimally invasive decay removal approach can save many teeth from root canal therapy.

OZONE: This cousin of oxygen can selectively kill bacteria while never harming any human cells. It is now possible, in teeth with a healthy nerve, to leave deep decay surrounding the nerve, sterilize it, cover the mineral depleted deep decay with modern pulp cap materials and place a well sealed, bonded biomimetic filling

over the pulp cap. Dr. Alex Shvartsman has found that this approach has an over 95% success rate in avoiding the need for Root Canal Therapy. Following smart and timely prevention practices by having regular check ups and taking advantage of modern technologies, techniques and materials, it is possible to avoid nerve death and the need for Root Canal Therapy.



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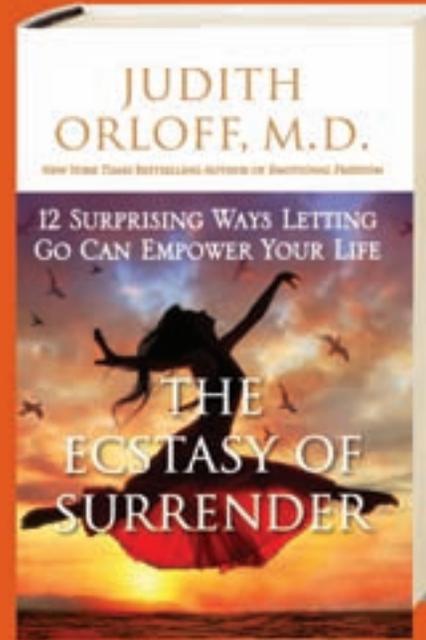
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Talking Our Walk

FROM THE PUBLISHERS

Nature will reveal itself if only we will look.
~Thomas Edison

Like most of you, I am really glad Spring is here – although my reason may differ somewhat. Certainly, I love the warmth of the sunshine, playing competitive baseball, and the freedom to flash my favorite attire – shorts. But the thing that particularly gladdens me is that I won't have to hear the incessant moaning about the weather – at least not until the summer heat arrives, anyway.

I do enjoy the seasonal changes the Northeast offers. I like the snow. It brightens an otherwise colorless landscape. And I like to ski and hike in the snowy woods, which is why New Hampshire is my other home. My predilections notwithstanding, it strikes me a bit incredulous that people living in this climate for 50+ years seem to be genuinely surprised that, come December, we get Winter! I understand individual preferences, and that for a variety of reasons, most folks are not able to relocate. However, why constantly complain about something we have no control over? This strikes me as a negative and wasteful expenditure of one's time and energy. Focus on the "misery" and chances are pretty good you'll *make yourself* miserable.

I'm thinking we could be better served by focusing on the significant areas of our lives that we do have some degree of control over – namely our health, and the health of our planet. *Quelle surprise!* Our April/May issue (in honor of Earth Day and Mother's Day), just "happens" to focus on Mother Earth, the Environment, and the Divine Feminine.

As referenced in the February-March Issue, the greatest threat to our collective health is, quite probably, the proliferation of GMO (genetically modified organism) crops. I met and spoke with consumer health advocate and author, Jeffery Smith this past January. His extraordinary, fully illustrated, three-page report is vital information for everyone on this planet. Smith convincingly links the consumption of GMOs with the skyrocketing incidences



of many debilitating and fatal disorders since the time GMOs were introduced in the U.S. in the mid 1990s. Among the many conditions illustrated are: Celiac Disease/ Gluten Intolerance, Autism, Alzheimer's, Parkinson's, Diabetes and Obesity. (FYI, GMOs are banned in the EU).

Regular readers of **Creations Magazine** know that our Editorial staff both live and advocate a Vegan lifestyle. The following quote echoes our sentiments that we could not have more aptly articulated. To honor all life, and in the name of plain common sense, we offer you David Coats (*Old MacDonald's Factory Farm*):

Isn't man an amazing animal? He kills wildlife – birds, kangaroos, deer, all kinds of cats, coyotes, beavers, groundhogs, mice, foxes and dingoes – by the million in order to protect his domestic animals and their feed. Then he kills domestic animals by the billion and eats them. This in turn kills man by the millions, because eating all those animals leads to degenerative – and fatal – health conditions like heart disease, kidney disease, and cancer. So then man tortures and kills millions more animals to look for cures for these diseases. Elsewhere, millions of other human beings are being killed by hunger and malnutrition because food they could eat is being used to fatten domestic animals. Meanwhile, some people are dying of sad laughter at the absurdity of man, who kills so easily and so violently, and once a year, sends out cards praying for "Peace on Earth."

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Our Journey: We're all on a journey, and it's a big one. Our journey is leading us to a place no one has ever been. Rather than a temporary excursion that we can return from after a few days, what we hold are one-way tickets. This is a different kind of journey altogether.

We're not just going to another location somewhere on Earth. We're going to another world hidden within our everyday lives – and it's the choices we're making today that are taking us there. Together we're barreling down the fast lane of a superhighway that's crossing the boundaries of traditional beliefs, religions, and habits of the past. In doing so, we're also blowing right past the limits of what we thought were possible.

Our Destination

I can't say for sure what our destination will look like. After the dust settles and we learn to adapt to our changing climate rather than trying to control it, after new and sustainable economies replace those that are fractured and failing today, after we embrace the technology that provides every bit of the energy we need without the devastating side effects of fossil fuels, I can only imagine what our lives and the world will be like. And when I do, I see a better place for us all.

I see a world where we've raised the standard of living for everyone, rather than lowering it for many in order to support only a few. I see a world where war is obsolete and using the threat of war to solve our problems no longer makes any sense. I see a world where our love of cooperation is greater than the fear that drives violent competition. And I see the shift in thinking that makes each of these things possible. To get to that shift, however, we must begin by recognizing the realities that we face and the promise that they hold.

A Time of Extremes

We're living in a time when we can expect big things to happen – big shifts in the world and big changes in our lives. And just to be clear, the extremes I'm talking about don't necessarily have to be considered bad things. It's just that they're big things,

and they're happening in our lives as well as our world. We're living a rare era of transition. We're living the emergence of a new "normal," and the success of our transition hinges upon: (1) our willingness to acknowledge the shift, and (2) how we learn to adapt to it. Our globalized culture of jobs, money, markets, and resources means that it's now impossible to separate the extremes in the world from what they mean in our everyday lives.

The crisis of climate change is a perfect example of this connection; the record-setting droughts caused by shifts in global weather patterns translate directly into the higher prices we pay for food at our local markets. The extreme debt and failing economies on the other side of the planet translate directly into higher costs at the gas pump and higher ticket prices for the buses, trains, and taxis that take us to work each day. Because of these and other extremes, business loans have become scarce, and the interest we're being paid on our savings and retirement accounts is at a record low. The global slowdown of industry translates directly into the loss of jobs and benefits in our local communities. These are the kinds of extremes in the world that are creating big changes in our lives. Among the many uncertainties they bring, though, there's one thing that we can know with absolute certainty: our lives are changing in ways that we're not prepared for, at a speed that we've never known.

The Key

I'm an optimist by nature. I see real reasons for optimism in our lives. At the same time I'm also a realist. I am under no illusions when it comes to the huge

amount of work that it's taking to give birth to the new world that lies before us. Our ability to successfully meet the challenges that are converging in our lives begins by our acknowledging what may be the most obvious yet difficult question we could ask of ourselves: How can we deal with the issues if we're not honest about the issues?

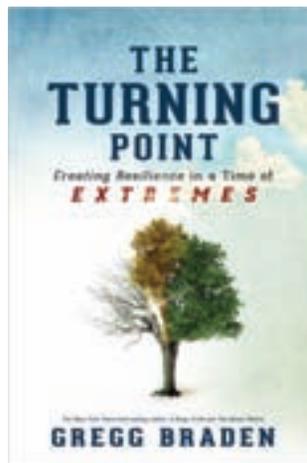
Everyone Is on the Journey

A big difference between trips that we may have taken in the past and the big journey that we're on now is that today we don't get to pick our traveling companions. The reason is simple: Everyone on Earth is on our journey. No one can be left behind. Our world today is so deeply interconnected on so many levels that it's impossible for the transformation that's emerging in one part not to show up in other places as well.

A Crisis in Thinking

Change is reflected everywhere, both in the ways in which the world works, as well as in the ways things no longer work. The era of an oil-based economy, for example, is giving way to a new economy based upon forms of energy that are cleaner and more sustainable. The centralized production of our food from corporate farms half a world away is giving way to the healthy and sustainable production from small farms that invigorate local economies. The practice of creating wealth from industries that destroy our planet is giving way to socially responsible models of investing.

And as the world of the past slips away and the new one emerges, the clash of new against the old highlights another,



even greater crisis, one that we all face, yet which will probably never be discussed in the popular media. Arguably the greatest crisis that we face in our time of extremes is a crisis in thinking. And our thinking is the very key to the way we deal with the needs of the emerging world. You and I are being tasked with something that's never been done. We're being challenged to radically shift the way in which we think of ourselves and our relationship to the world, and to do so faster than any generation in history has ever done before. Our willingness to think differently about ourselves and the world will be the key to the success of our journey.

We Have the Solutions

Fortunately, the technology to solve the biggest challenges we face has already been discovered. The biggest problems we could ever imagine are already solved. The advanced principles are already understood. They all exist in this moment, right here, right now, and are at our fingertips. All that stands between us and the new world – where energy comes from clean, abundant sources and is accessible to every member of our global family; where clean, healthy food is plentiful and accessible to every mouth on the planet; where every human is able to obtain the basic necessities to live a comfortable, meaningful life – is the thinking that makes room in our lives for what already exists in the world.

Are we willing to embrace the thinking that makes such possibilities a priority? Will we allow the science that reveals the deepest truths about our relationship to ourselves, one another, and the earth to become the passport for our journey? ✨

*Excerpted with permission of the publisher, Hay House, from the book **Turning Point: Creating Resilience in a Time of Extremes** by Gregg Braden. Available at all bookstores or online at: www.hayhouse.com.*

*Gregg Braden is a New York Times best-selling author whose work has led to cutting-edge books such as **The God Code, The Divine Matrix, The Spontaneous Healing of Belief, and Fractal Time**. Gregg's work is now published in 17 languages and 33*



countries and shows beyond any reasonable doubt that the key to our future lies in the wisdom of our past. Website: www.greggbraden.com.

GENETIC ROULETTE: AVOID GENETICALLY

by Jeffrey M. Smith
Fairfield, IA

Adopted from Weston A. Price Newsletter

Millions of people are looking for foods without genetically modified organisms (GMOs); thousands of doctors are prescribing non-GMO diets; and even celebrities like Danny DeVito, Bill Maher, and Dick van Dyke chimed in with their demands that these products be labeled.

As the movement swells, proponents of GMOs have become more aggressive at suppressing adverse data and promoting their myths, desperate to stem the anti-GMO tide. They continue to proclaim that the technology is precise, environmentally

impact everyone who eats. And once GMO crops are released into the environment, the pollen and seed movement contaminate the natural gene pool on a permanent basis. Moreover, the stated goal of the leading biotech company, Monsanto, was to genetically engineer all commercial seeds in the world. This would permanently replace the products of billions of years of evolution and thousands of years of agricultural crop development with a new, untested technology, promoted by the same company that told us Agent Orange, PCBs, and DDT were safe. But with the safety of the food supply and the integrity of our ecosystem at stake, just the opposite happened. All precaution was thrown to the wind and the US government engaged in what arguably can be called the greatest gamble of our lives. The story at the FDA is exemplary.

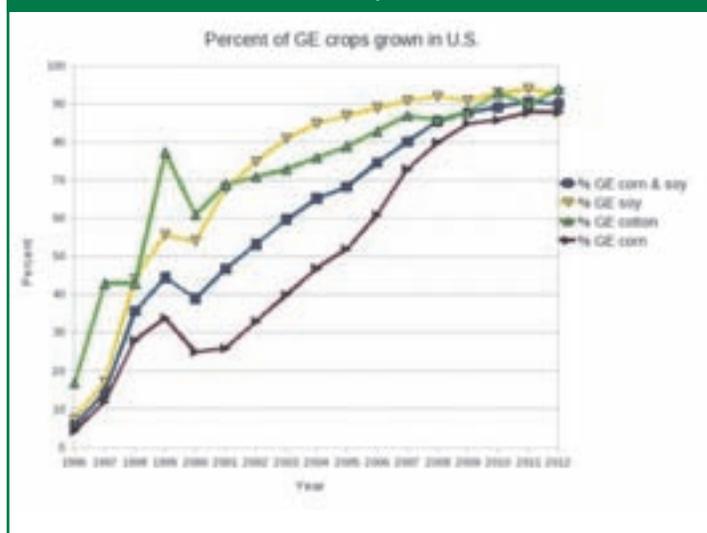
In the early 1990s, scientists at the United States Food and Drug Administration (FDA) repeatedly warned their superiors that GM foods could create serious health problems. According to secret documents later made public from a lawsuit, the scientific consensus at the agency was that GM

foods were inherently dangerous and might create hard-to-detect allergies, toxins, new diseases, and nutritional problems. They urged their superiors to require rigorous long-term tests. But the White House under George H. W. Bush had ordered the agency to promote biotechnology; the FDA responded by recruiting Monsanto's former attorney, Michael Taylor, to head up the formation of policy on

GMOs. That policy, which is in effect today, denies knowledge of the agency scientists' concerns. In fact, it falsely claims that the FDA is not aware of any information that shows GMOs to be significantly different. On that basis, no safety studies on GM foods are required. The government leaves it up to GMO companies, including Monsanto, DuPont, Dow, Syngenta, and Bayer, to determine if their own foods are safe.

After overseeing GMO policy at the FDA, Mr. Taylor worked on GMO issues at the US Department of Agriculture, and then later became Monsanto's vice president and chief lobbyist. In the summer of 2009, he was appointed by the Obama adminis-

Percent of GE Crops Grown in US

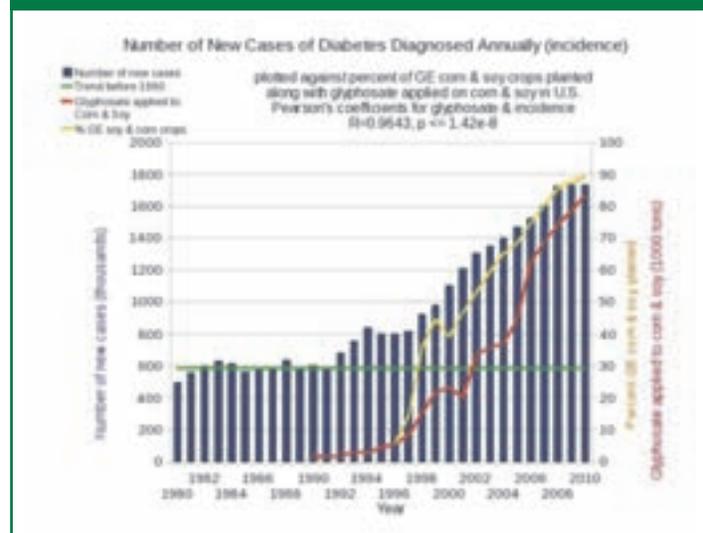


friendly, and needed to feed the world, in spite of evidence that shows just the opposite. But what is working against them more than anything else is the new data confirming that GMOs are dangerous to our health. In fact the evidence is so compelling, genetically engineered foods may soon be credited with promoting a wide range of serious diseases on the rise in the US and elsewhere.

Industry-Manipulated Approval Process in the United States

One would hope that every precaution would have been taken before allowing GMOs in our food and environment. After all, any health issue could theoretically

Diabetes



tration as the US food safety czar back at the FDA.

Although the United States government policy today is built upon the false notion that GMOs are totally safe, evidence accumulated over nearly two decades now vindicates the FDA scientists and validates their concerns.

Animal Feeding Studies Indicate Health Issues

Based on their review of this body of research, in May 2009 the American Academy of Environmental Medicine (AAEM) publicly condemned GMOs in our food supply, saying they posed "a serious health risk." They called on the US government to implement an immediate moratorium on all GM foods and urged physicians to prescribe non-GMO diets for all patients.

"Several animal studies," according to their policy paper, reveal a long list of disorders, including: "infertility, immune dysregulation, accelerated aging, dysregula-

tion of genes associated with cholesterol synthesis, [faulty] insulin regulation, cell signaling, and protein formation, and changes in the liver, kidney, spleen and gastrointestinal system." The policy boldly concludes, "There is more than a casual association between GM foods and adverse health effects." Based on established scientific criteria, "there is causation."

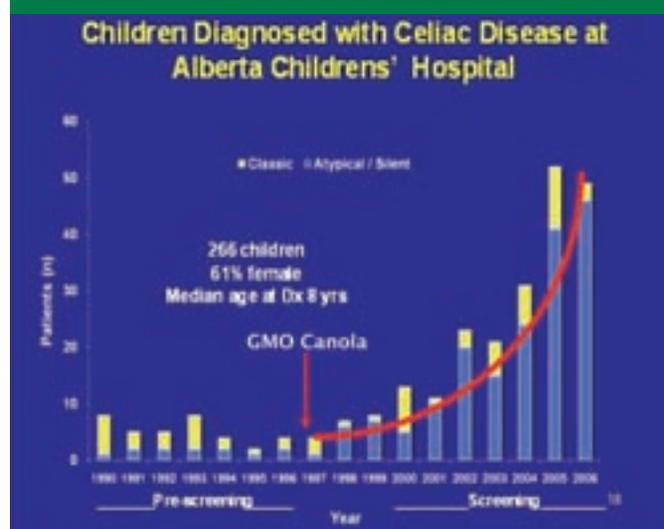
Rising Disease Rates Correlate with GMO Introduction

Unfortunately, no system of post market surveillance on the health impacts of GMOs has been set up anywhere in the world. Although correlation clearly does not imply causation, the deteriorating health of Americans since GMOs were introduced in 1996 does raise important questions. Within nine years, the incidence of people with three or more chronic diseases nearly doubled – from 7% to 13%. Visits to the emergency room due to allergies more than doubled from 1997 to 2002. And overall food related illnesses doubled from 1994 to 2001, according to the Centers for Disease Control. Physicist Nancy Swanson compiled numerous charts showing high correlations between GMO production (or Roundup herbicide use) and the incidence of numerous disorders in the US. (See charts: thyroid cancer, kidney and renal pelvis cancer, liver and intrahepatic bile duct cancer, obesity, high blood pressure, acute kidney injury, diabetes, end stage renal disease,

reproductive disorders, autism, Alzheimer's, Parkinson's, senile dementia, inflammatory bowel disease, peritonitis, chronic constipation, irritable bowel, intestinal infection, and rheumatoid arthritis.) (Insert charts)

Tragically, there is no systematic, well-funded investigation to explore links between GMO consumption and any disease. "The experiments simply haven't been done and we

Celiac Disease



ENGINEERED FOODS!

now have become the guinea pigs,” says renowned Canadian geneticist David Suzuki. He adds, “Anyone that says, ‘Oh, we know that this is perfectly safe,’ I say is either unbelievably stupid or deliberately lying.”

Numerous US Physicians Now Blame GMOs

Based on evaluations of GMO research presented at medical conferences, as well as recommendations by their peers, thousands of US physicians now prescribe non-GMO diets to all their patients. The Institute for Responsible Technology has started hearing reports and collecting case studies from physicians, patients, and consumers about

Livestock Health Improves

People who switch to non-GMO diets often do so by buying organic foods – which are not allowed to use GMOs. This raises a critical point in the analysis. Were the health recoveries stemming from eliminating GMOs or from the reduction in chemicals and increased nutrition found in organics? Similarly, since most GMOs in our diet are found in processed foods, some people reduced GMOs by cooking from scratch. Thus they simultaneously eliminate numerous additives that also may contribute to disorders. It is difficult, therefore, to isolate the influence of GMOs in the presence of these other potential co-factors.

Fortunately, the experience of numerous veterinarians and farmers around the world gives us insight. When they take livestock off GMO soy or corn and substitute the non-GMO equivalent, they don't have these confounding co-factors. The animals are not eating organic, there's no change in nutrients or additives, and the results are breathtaking.

When a Danish pig farmer switched to non-GMO soy in April 2011 for his 450 sows and their offspring, within two days the animals' serious diarrhea problems virtually disappeared. During the following year, death from ulcers and other digestive problems, which had claimed 36 pigs over the previous two years, vanished. Conception rate was up, litter size was up, diseases were down, and birth defects were eliminated.

An Iowa farmer saw immediate changes in his 3000 pig nursery after switching to non-GMO corn last December. Not only was there a dramatic drop in rate of disease and medicine bills, he says, “Our pigs are happier and more playful.”

A feedlot operator with 5,000 head of cattle also switched to non-GMO corn and reported, “We've had a lot less pneumonia and health issues since that time.” Like the pig farmer, the behavior changed noticeably. His “cattle have been a lot calmer.” Many farmers who were struggling with large rates of infertility and miscarriages say they turned the situation around after switching to non-GMO feed.

Renowned veterinarian and author Michael W. Fox, whose syndicated newspaper column has 25-30 million readers, says that when GMOs were introduced, cats and dogs started suffering from much higher rates of allergies, itching, and gastrointestinal problems. He has a file draw full of letters from happy pet owners confirming that his advice to switch the pets to non-GMO and organic feed cleared up the problem.

Repeating Symptoms: From Lab Rats to Consumers

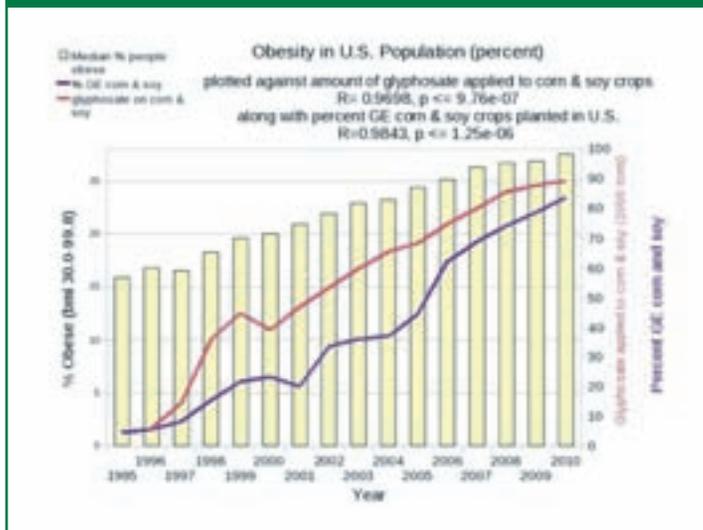
What is striking about all these reports is the similarity of experiences. Many of the same categories of disorders identified in animal feeding studies by the American Academy of Environmental Medicine, e.g. gastrointestinal, immune, and reproductive, also clear up in humans and livestock when they switch to a non-GMO diet. Moreover, these same problems are on the rise in the US population since GMOs were introduced in 1996.

Overlapping Causative Factors

It's difficult to know whether the negative impact of GMOs is due to the inserted

gene and its protein, unexpected changes in the plant due to the process of genetic engineering, or the added toxic chemicals like Roundup that is sprayed on the GM crop and absorbed into the food. The affects may also be due to a combination of causative factors. In a French two-year feeding study published in 2012, for example, rats suffered from multiple massive tumors, shorter life spans, and

Obesity

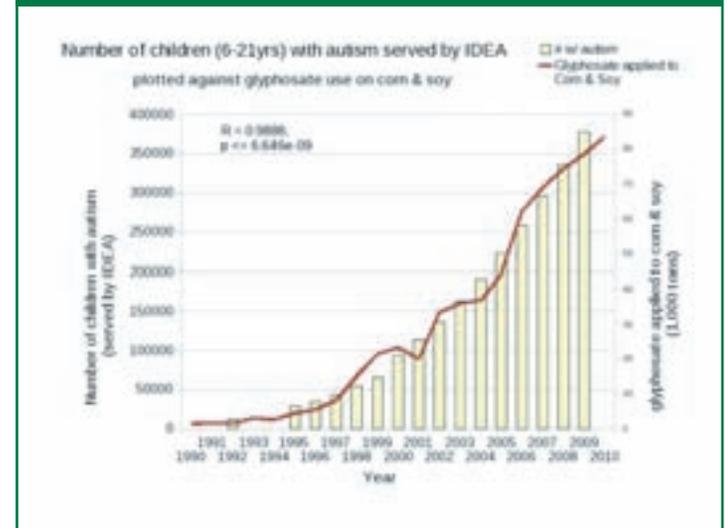


significant and often dramatic improvements in health and alleviation of symptoms from of a wide variety of diseases and disorders after removing GMOs.

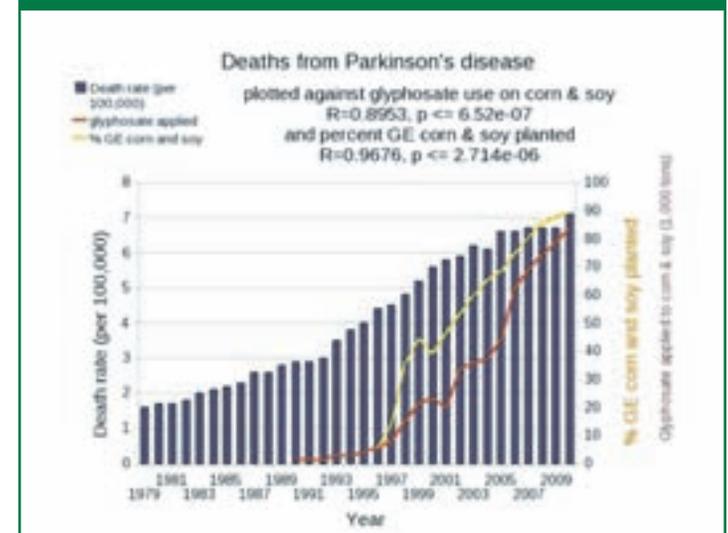
Michelle Perro, MD, who has regularly been named one of America's Top Pediatricians, says she believes that the novel proteins found in GMOs “may be responsible in part for the profound increase in allergies and immune dysfunction that I am witnessing.”

Emily Lindner, MD, who practices internal medicine in Chicago, says, “When my patients stop eating GMOs, they get better.” She says, “I tell my patients to avoid genetically modified foods because in my experience, with those foods there is more allergies and asthma,” as well as digestive issues such as gas, bloating, irritable bowel, colitis, and leaky gut. “And what emanates from that,” she says, “is everything. Lots of arthritis problems, autoimmune diseases, anxiety ... neurological problems; anything that comes from an inspired immune system response.”

Autism



Parkinsons



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BETTER LIVING THROUGH SACRED GEOMETRY

by Caroline Nettle
Bristol, UK

In times gone by, humans were more in tune with the environment they lived in. Today, we have little connection to nature and the planet. The ancient wisdom passed down through storytelling and tradition has been forgotten.

Understanding the importance of various geometric shapes and patterns found everywhere in nature is amongst the wisdom that has been lost. With all the changes currently happening on earth, some of this information is being revived. Here is how the ancient science of Sacred Geometry can positively influence your life.

The earliest cultures, including the Christians, Hindus, Greeks and Egyptians, recognized that there were different patterns or geometric shapes repeated throughout nature. They also found a correlation or connection between the various elements found on the earth and in the heavens. These connections or common patterns, known as Sacred Geometry, were mirrored – the same patterns appeared on the earth and in the sky – and were believed by these ancient cultures to exist in all parts of the universe.

These small patterns were representative of the building blocks that were literally the blueprint for everything in the universe. A seed, after all, contains all the material needed to become a mighty tree, regardless of the size of the tree. A single cell contains all the elements of the whole body, and the earth and heavens are reflections of each other. This idea, represented by the saying “As above, so below”, summarized this ancient belief.

Modern science has proven that these patterns are, in fact, the very molecular shapes that form the basis of all life in this universe. These shapes or patterns were universal and governed the way in which the world replicated itself. These universal laws or patterns were absolute and static – they did not alter over time or space – as evidenced by the vast number of cultures around the world that recognized the sacredness of these specific patterns and geometric shapes.

Patterns and natural laws could be broken down into a variety of different representations. These may include numbers, mathematical formulas and even specific geographic symbols. Since symbols are visual, they are easy to identify throughout historical architecture, art and design. Using these symbols, all based on mathematics, allowed incredibly detailed and precise construction that still inspires wonder and awe today. Think of the pyramids of Egypt and the amazing archeological buildings and temples found throughout South and Central America. Engineers and architects are still not sure how these were constructed thousands of years ago with only rudimentary tools and building methods.

The recurring patterns in nature became Sacred Geometric patterns in these early cultures. The endless and amazing power of the shapes symbolized the continuity of life from birth through to death and beyond. Repeating and using these patterns in building, art and design harnessed their power and gave the symbols meaning.

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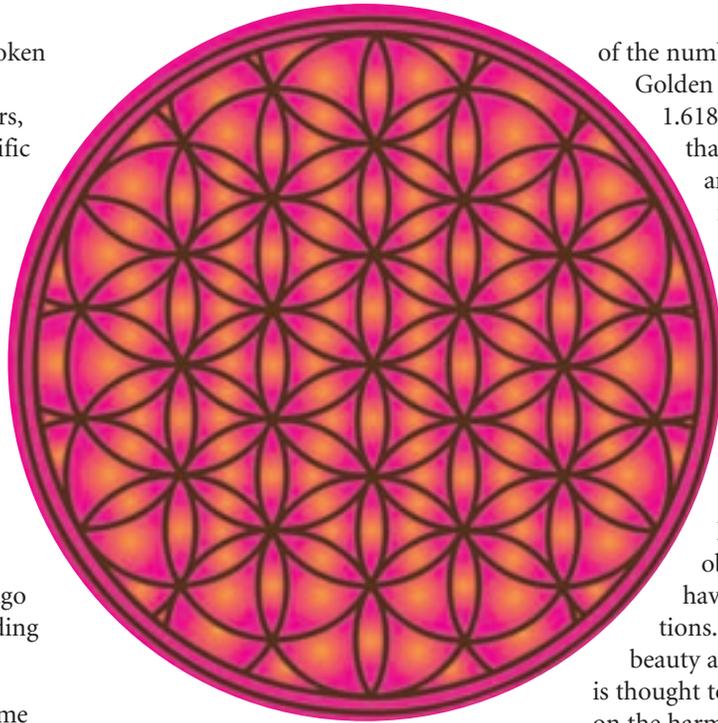
Understanding more about the different shapes of Sacred Geometry and how they were used in these ancient cultures can teach you how to harness their power.

The Flower of Life

Literally appearing as a beautifully balanced and perfectly proportioned flower, there are 13 separate spheres that interconnect through the design to create a unique pattern. Within the different shapes formed by the 13 spheres are represented many geometric and mathematical laws that are still used today. As a symbol, the Flower of Life is considered to demonstrate the whole of the universe as well as its diverse components working together in harmony. The Flower of Life is revered for its ability to allow you to connect to your higher spiritual self as well as promote healing.

Metatron's Cube

Connecting the center of each of the circles formed in the Flower of Life forms



another Sacred Geometric shape known as Metatron's Cube, which contains the perfect solids. Metatron's cube has a long history in art and architecture and can be spotted in some of the oldest cities and buildings in the world. It is believed that the Metatron's Cube shape holds all

possible laws and patterns for creation and reality. Wearing the Metatron's Cube will provide you with inner peace and spirituality.

Perfect Solids

If you remember back to your geometry and chemistry classes you will recall the importance of the perfect or platonic solids. There are five different shapes including the cube, tetrahedron, icosahedrons, dodecahedron and octahedron, that form the perfect solids. They are the shapes of any and all possible molecules and molecular structures. They are all congruent polygons with the same number of faces meeting at all vertices. With this unique combination, all sides, vertices and angles are identical, which is why these shapes are considered holy in many religions and cultures.

Nautilus Shell

The humble nautilus shell is actually remarkable in its mathematical proportions. It is the physical representation

of the number PHI, also known as the Golden Mean. PHI, which equals 1.6180339 ... is a unique number in that it has no arithmetic solution and goes on to infinity without repeating itself. This proportion created by PHI is found in the human skeleton, sunflowers, and of course the nautilus shell. Famous artists such as Kandinsky and Leonardo Da Vinci used the Golden Mean in their artistic creations. Research has now shown that people prefer to look at visual images, physical objects or representations that have the Golden Mean proportions. The Nautilus shell, with its beauty and mathematical perfection, is thought to allow the wearer to focus in on the harmony and beauty found in the natural world.

Other Sacred Geometry Patterns

There are other shapes that are also considered sacred and powerful. These shapes include the Christ Consciousness and the Merkaba. The Christ Consciousness shape provides healing as well as giving power, balance and good health. The Merkaba also gives healing power but also acts to provide protection.

Learning more about Sacred Geometry and the ancient wisdom that is being rediscovered is one way to reconnect with the world around us. We are again looking at the basic building blocks and their perfection in our religion, art, spiritual practices and interactions with our world. It taps into the natural laws that have been and still are universal in this world. Sacred Geometry is also a way to heal, and to create beautiful and lasting art, architecture and design in our lives, in a positive and balanced way. ✨



Caroline Nettle is the author of the website, www.spiritualgrowthtools.co.uk, and a merchant of Sacred Geometry Jewellery. www.spiritualgrowthtools.co.uk/category/jewellery. Please check out her podcast at www.blogtalkradio.com/spiritualgrowthtools.

RECONNECT WITH NATURE AND THE SPIRIT OF THE FOREST

Channeled by Celia Fenn
January 2014

In this year of 2014, we ask you to dream and to dream big. Yes, focus on your own lives and what you need to be happy, but remember also that you are a part of a Global Community and that you can dream for your Community as well. Focus on the ending of poverty, the creation of Abundance for All, and the creation of a Sustainable Future for your children and their children too!

This process of Healing and Transformation is associated with your ability to reconnect with Nature and the Elemental world. In the 19th and 20th centuries, your evolution and progress took you away from Nature and into a mechanized and technological reality. This has served your expansion into a Fifth-dimensional Global Community, but you cannot thrive if you do not return to a respectful co-existence with Nature.

It is a matter of Balance, between human needs as the dominant species on Planet Earth, and the needs of other species and living beings. For you are all connected in the Great Web of Life, and if you do not find Balance you will not thrive.

And so it is, Beloved Family, that together with the anchoring of the Gold Frequency on the Earth, you will also experience the reawakening of an ancient Elemental Force that we will call the "Spirit of the Forest".

This Beautiful Being and Energy will support any and all efforts and projects that are designed to heal the rift with Nature and create an abundant and sustainable future.

The Forest was humanity's first "home", and you learnt how to be supported by this Energy, which nurtured and provided. In some cultures you saw this loving energy of support as a Great Mother, in other cultures you saw the power of nature as a Masculine energy called "Pan". There was an understanding of the Elemental Power of this Being and how it was supportive of all Life on Earth, including but not limited to, Human Life.

Then, at some point in your mental development, you went to "war" with this force and tried to dominate and vanquish. It withdrew, and the Earth began to suffer as the forests and the wild places withered and died slowly as technology advanced.

In anchoring the Gold Frequency on the Earth, you have effectively invited the return of the Spirit of Nature, the "Spirit of the Forest", and the return of Abundance and support in your lives. The "war" with nature is over. You are once again learning how to allow nature to support you as you encounter again the loving presence of the Spirit of the Forest in your lives. Let this beautiful energy be a part of your dreams as you co-create the New Earth with cities that welcome Nature and the Spirit of the Forest to create Abundance and Joy.

When you open your hearts and your lives to the Spirit of the Forest, you will activate this energy in your lives and in your communities. You will begin to create the New Earth Cities of Light that will bring in the Balance with nature and the ending of Poverty on Earth.

Personal Balance and Planetary Balance

You begin by simply opening your heart and living in balance with Heaven and Earth. In that balance is an acceptance of the support and love that is an inherent part of the Divine Plan for Life on Earth. Then, live your life in a grounded way, with a firm belief in the flow of Abundance that is generated within Nature and through the flow of Life, Love and Creativity – learn to manifest easily and in harmony with nature as a co-creative force.

As you become sensitive to this loving and supportive energy, you will feel less stressed and more comfortable in your life on Earth. You will find it easier to flow into new ideas, new projects, new environments, and to let go of the old, as part of the ongoing "organic" process of life. Whatever your personal "next step" will be, know that you will be supported by this loving and all-embracing force of nature.

Your work, is to remain grounded, centered in your heart and connected to the Gold Frequency of Higher Consciousness. This, together with a sensitivity to the Spirit of the Forest, will shape a life of gentle abundance and simple harmony with nature and natural forces in your body and in your environment.

The Nodes of Light and the New Earth Communities

As you reach this level of Frequency and Consciousness, you become a "Node of Light" for the New Earth. As such, you will naturally attract others who are also at this frequency and you will begin to form Communities of Light. This is an organic or natural process, where opportunities and people will be drawn to you as you are

guided in the flow of this energy. It is in these collective "Nodes of Light" that the new ideas and the new communities of the New Earth will emerge.

They will emerge everywhere, but their focus will be on creating a sustainable future and working to end poverty and heal the relationship with nature. *For what is poverty, but the belief that nature does not give enough?* This will be especially needed in the cities, and there will be many "Light Warriors" who will begin to activate "Light Nodes" within major cities to manifest the New Earth.

You will find these "Light Warriors" wherever there are dreams and visions of Justice and Abundance. They will create gardens and food gardens and they will start projects to clean the waters and provide housing for all beings. You will find them wherever there are efforts to save forests and rivers, and to live in harmony with nature. You will find them working to shift technology into harmony with nature, for that is their mission. The only technology that will go forward into the NewEarth will be "clean" and sustainable technology.

This is the reality of the New Earth. We ask you to focus here, rather than in the old reality of paranoia, decay and disintegration. *Remember always, it is your choice, and every moment of your life you can choose which Frequency of Light you wish to transmit in your life and what you wish to create with that light as Co-creators of your Collective Reality.* ✨

*A message from Archangel Michael
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CALENDAR OF EVENTS

ONGOING EVENTS

MONDAYS

TRANSMISSION MEDITATION – offers an unparalleled opportunity to serve humanity in a simple yet very potent manner. By participating in this unique form of group meditation, you assist the Masters of Wisdom in the healing and transformation of the world, accelerating your own spiritual evolution in the process. 6:30PM. Call 516-791-1485 for more info and location in Valley Stream.

SHAMANIC MEDICINE WHEEL GROUP for healing and personal transformation. Meditation, drumming, journeying with Irene Siegel. 7:30pm, Huntington. Call for info and registration, (631) 547-5433, www.CenterPointCounseling.bz.

A CIRCLE OF WOMEN presented by **Moonfire and The Women's Ways Mystery School** gathers monthly. Celebrating the sacred in every woman since 1990. Now in ISLIP TERRACE, SOUTHAMPTON, NYC, Chappaqua, NJ, CT, NH, MA. 631-287-9000, www.MoonfireMeetingHouse.com <http://womensways.typepad.com/circle>.

MONDAY NIGHT ALIVE! WITH ARIEL & SHYA KANE – You can have a stress-free, utterly successful, satisfying, and easy – that's right, *easy* – life. These fun, lively and interactive seminars will show you how: April 14, 21, 28, May 5, 12; NEW Location: Skyline Hotel, 725 Tenth Ave. at 49th Street, Penthouse Ballroom; Fee: \$20. Call 908-479-6034 or visit www.TransformationMadeEasy.com/Mondays to pre-register. Walk-ins welcome. (See Resources p.20)

TUESDAYS

MEDITATION / PSYCHIC DEVELOPMENT GROUP Newcomers welcome: 4/1, 4/22, 5/6, 5/20. 7:30 – 9:30 PM, Smithtown. Registration: 631-724-9733 www.lightawakenings7.com.

HOW TO MEDITATE - 5 WEEK COURSE CLASS IV – 4/8, V – 4/29. Next session begins 6/10 – Now Registering 631-724-9733, www.lightawakenings7.com.

ASTROLOGY 101 – UNDERSTAND YOURSELF & OTHERS WORKSHOP ~ ONE session: Now registering. 5/13 - Limited seating. 7:30 – 10:00 PM. 631-724-9733 www.lightawakenings7.com.

SPIRITUAL DEVELOPMENT CLASS – Join like-minded people dedicated to discovering and developing their special gifts. All metaphysical subjects and ideas will be explored. 7:30PM in Bethpage. Call 516.640.0907 for info and registration.

NIDRA MEDITATION PLUS with John Cahill RYT-200 and 50hr Meditation certified. Enjoy this stress reducing, calming, beneficial style of Meditation, practiced while lying down. Light stretching, gentle yoga, breath-work, mantras and mudras. April 8 and 22, May 6 and 20. All classes 7-8PM at Winter Brook Psychic Medium, 171 Main St., Northport. \$20 per class. Call 631-261-9300, walk-ins are welcome.

CHAKRA COURSE - 7 SESSIONS 7:00PM - 9:00PM; Sacral Chakra April 29; Solar Plexus Chakra May 20 at Essential Holistics- Manorville; visit www.essentialholistics.com. to register call Rita Wild @ 631.878.8228.

PSYCHIC PALM/TAROT/MEDIUM READINGS by Roni Todd. Private Readings in Roni's Psychic Sanctuary. Tuesday or Wednesday by appointment only. Call 516-889-3732.

WEDNESDAYS

REIKI CIRCLE: (RSVP required) Noon-1PM. A Course in Miracles study group: 8PM. 12 Irma Ave, Port Washington, NY. LivingRoomStudio.org for info and additional programming.

CHAKRA ENERGY BALLET 6:30-8PM. Open adult class at Ripley-Grier Studios, 939 Eighth Avenue, Studio 3A (West 55th Street) NYC. \$15.00. An adult ballet class with the focus of opening chakra centers in the body to ignite free flowing dance. Email prinbettel@comcast.net.

THURSDAYS

TRANSMISSION MEDITATION – offers an unparalleled opportunity to serve humanity in a simple yet very potent manner. By participating in this unique form of group meditation, you assist the Masters of Wisdom in the healing and transformation of the world, accelerating your own spiritual evolution in the process. 6:30PM. Call 516-729-0664 for more info and location in Farmingville.

PSYCHIC PALM/TAROT READINGS by Roni Todd at A Time for Karma, 14 S. Village Ave., RVC, NY. 1-6pm. (516) 889-3732.

REIKI HEALING CIRCLE held the first Thursday of every month from 7-9PM at Specialty Lotions & Potions, 11 East Main Street, Bay Shore, NY 11706. www.specialtylotionsandpotionsny.com. 631-665-3511. All are welcome to attend. No Fee. Donations happily accepted.

FRIDAYS

MOONFIRE MEETING HOUSE presents our **"Men's Long Island Talking Stick Circle"** on the first Fri of the month. Open to men searching for Balance, Courage and Brotherhood. 631-287-9000; www.MoonfireMeetingHouse.com.

CHAKRA COURSE – 7 SESSIONS – 7:00PM – 9:00PM; Sacral Chakra May 2; Solar Plexus Chakra May 23 at Mindful Body Restorative Health, N. Babylon. Visit www.essentialholistics.com. To register call Rita Wild @ 631.878.8228.

SATURDAYS

ENERGY HEALING – Reiki, Vortexhealing®, and Healing with Archangel Metatron, with Rev. Pauline Southard at A Time for Karma, Rockville Centre. 12:30PM - 5:30PM. Fridays also. For appointment: 516-445-4242. www.karmickat.com.

SPIRITUAL DISCUSSION 1st Saturday of every month, 10 AM-12 Noon. Ever want to just talk about spiritual things? This is for you! Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 516-822-9314. www.csl-longisland.org.

SPIRITUAL FELLOWSHIP – GATHERING OF LIGHT - Are you looking to deepen your spiritual connection? We welcome all faiths, beliefs, and traditions. Come join like minded people in community. Saturday 10 AM. www.gatheringoflight.org 631-265-3822.

MAGICAL, MYSTICAL PSYCHIC READINGS with Rev. Pauline Southard at A Time for Karma, Rockville Centre. 12:30PM – 5:30PM. Readings

can include: Astrology, Tarot, Channeling your spirit guides, Angels and Mediumship. Fridays also. For appointment call 516-445-4242. www.karmickat.com.

YOGA - FITNESS WORKOUT with John Cahill RYT-200. Fitness warm-ups, yoga postures, flows, balancing, strengthening, Pilates, Core and breath-work. April 5 and 19. May 3, 17 and 31. All classes 10:30-11:30AM at Winter Brook Psychic Medium 171 Main St., Northport. \$15 per class. Call 631-261-9300, walk-ins are welcome.

SUNDAYS

SEARCHING FOR YOUR LIFE'S PURPOSE? We provide tools to transform your personal life & help make the world a better place. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 10:30AM. 516-822-9314. www.csl-longisland.org. Children's Activities (Ages 4-12), 2nd and 4th Sundays, 10:30 to 11:30 The Junior Center will be held twice a month starting in October. (See ad p.13)

5RHYTHMS - DANCE - MOVING MEDITATION. Your dance. No choreography, no steps to learn. The 5Rhythms are a simple dynamic moving meditation which has the power to catalyze deep change, healing and transformation. Join the Long Island Dance Tribe, the first Sunday of the month, at The Long Island Center for Yoga in Babylon, and the 2nd and 4th Sundays of the month at Om Sweet Om Yoga in Port Washington. 5PM. Updated schedule at 5RhythmsLongIsland.com \$20 per class.

THE TEMPLE OF METAPHYSICAL SCIENCE, NSAC— Come join us in our search for Spirituality & Inner Peace. The American Legion Building, Baker Street & S. Ocean Ave., Patchogue. Healing & Service: 11AM. (800) 316-1231. (See ad p.27)

SPECIAL EVENTS

MARCH 23

PSYCHIC FAIR to be held at Comfort Inn, 2695 Rt. 112, Medford, LI (just south of LIE Exit 64). Sunday, 10AM - 6PM. Clairvoyants, mediums, animal communicators, tarot card readers and many others! \$35 for 15-minute readings. Vendors, door prizes, Chinese auction and more! Proceeds to benefit sick and terminally ill children. www.Islandwidepsychicfairs.com, psychicfairsLI@gmail.com.

APRIL 4

EVENT: MEET THE PSYCHICS Friday, 8:00PM. This evening's program is designed to bring you the opportunity to get up close and personal with our gifted readers, mediums and psychics, that will read, at our Sunday April 6, Spring Festival. Members: \$10 Non-Members: \$15, No Pre-registration Required. Levittown Hall, 201 Levittown Parkway, Hicksville, NY 11801. (516) 731-0909 www.eyesoflearning.org.

APRIL 6

EVENT: THE EYES OF LEARNING ANNUAL SPRING FESTIVAL – Sunday, 11:00AM - 5:00PM. Please join us for our most popular event. With wonderful raffles, vendors, free lectures, food, camaraderie and the option to purchase your own psychic reading. You can "give back" to the Eyes of Learning through your membership dollars and by generously supporting our Festival Vendors. A token admission fee of \$5.00 will gain access to lectures, vendors and food provider while helping to fund our operations. Levittown Hall, 201 Levittown Parkway, Hicksville, NY 11801. (516) 731-0909. www.eyesoflearning.org.

APRIL 13

E-SQUARED: WORKSHOP WITH REV. KAREN GIGANTE Sunday, 1:00 to 3:00PM, Workshop Fee: \$25, Center for Spiritual Living Long Island, 17 Maple Place, Hicksville., 516-822-9314. www.csl-longisland.org. *E-Squared: Nine Do-It-Yourself*

Energy Experiments That Prove Your Thoughts Create Your Reality by Pam Grout offers nine experiments that prove that there is an invisible energy force field of infinite possibilities, you impact the field and draw from it according to your beliefs and expectations. In this workshop you will prove to yourself that spiritual principles are as dependable as gravity and other physical laws. Rather than taking them on faith you will prove the principles for yourself. Rev. Karen is a Staff Minister at The Center for Spiritual Living Long Island. She received her Minister of Religious Science credential from the Emerson Theological Institute and is the owner of Sacred Spaces, a Decorative Painting company based on Long Island, NY.

APRIL 25

TEACHINGS OF THE TREE PEOPLE: FILM SCREENING AND DISCUSSION Friday, 7:00 to 8:30PM. Free Admission, Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 516-822-9314. www.csl-longisland.org.

APRIL 25 - 27

DAN SIEGEL: SOUL AND SYNAPSE – The Integration of Science and Spirituality – Scientifically inspired experiential exercises that reveal the deep nature of our subjective inner and interpersonal being. Garrison NY, www.garrisoninstitute.org or 845-424-4800.

APRIL 26

THE INTENTIONALLY INTIMATE RELATIONSHIP: HOW TO CREATE IT, KEEP IT & ENJOY IT! A workshop for couples and singles with Jackie Major, LCSW. Discover the secret for making a good relationship GREAT! Saturday, 10AM to 1PM. Stony Brook. For more information visit www.jackiemajor.com or call 631-291-5800.

APRIL 27

ALL KIDS FAIR – part health/wellness Fair, part activities/education expo. 80+ exhibitors. 24 classes – some for adults, some for kids (big kids, too). FREE valet parking and face painting w/admission. Meet QuackerJack! Camps, party places, special needs, kids' products and more! Come with or without your kids. Melville Marriott. 10AM-4:30PM. \$5 ages 3+. 516-621-1446 www.AllKidsFair.com.

MAY 1

FREE: CONSTITUTIONAL FACIAL REJUVENATION SEMINAR – Rewind your inner beauty and get back your Natural Youthful Look. Learn how non-invasive modalities enhance a softer, more natural look to the aging process. Thursday. Limited Space. Reserve Seat: 631-848-8856 or Donna@soundhealingpathways.com.

MAY 2 - 4

MIND BODY SPIRIT EXPO Garden State Exhibit Center, Somerset, NJ. Guest Speakers: Dr. Eben Alexander, Gabrielle Bernstein, Deborah King, Colette Baron-Reid, Gail Thackray. Over 100 exhibits. Free Lectures & Yoga Classes, Entertainment. Tickets available now. 215-627-0102. www.MindBodySpiritExpo.com. (see ad p.2)

RESTORE EVERYTHING – A WOMAN'S RETREAT 3 Days to Relax, Rethink and Rejuvenate. Join us! Contact us at: info@serenity-healing.org.

MAY 3

21ST ANNUAL BELTAINE FESTIVAL - Guest speakers, live performances, vendors, readers, workshops, maypole dancing, raffles & more! Bring a dish for pot luck feast following open ritual. Suggested donation of \$5, \$4 with donation for LI Cares/animal rescue. UUFH Huntington NY, Saturday, 10AM-6PM. www.longislandbeltaine.org, longislandbeltaine@gmail.com.

THE GOOD EARTH

by Robin Bridges
Bozeman, WA

The thoughts of the earth are my thoughts ... the voice of the earth is my voice ... All that belongs to the earth belongs to me ... It is lovely indeed.

from "Song of the Earth Spirit,"
Navajo origin legend

Earth teaches us many useful concepts. Through its example, we see the change of each season; we know that all life forms are born, grow, and die. We are taught how death feeds every other living thing in the food cycle.

Awakening to the fact that all life has its own season can be temporarily overwhelming until we recognize the universal truth that earth offers: life feeds other life. We also learn how the earth continues to go through its cycles, even when a val-

ued person or animal has passed on. We who are still alive will grieve, but we will eventually go through that final transition ourselves. We will rest in the good earth then, or our ashes may. Meanwhile, the solidity of earth offers us a stable home. All earth asks of us in return for its available wisdom and support of ecospheres is that we not overuse its resources. With world population growth, our species has pushed that natural balance over the limit. We need to encourage sane, earth-healthy reproductive choices so that we continue to have open space, clean dirt, and lots of mud to mess around with.

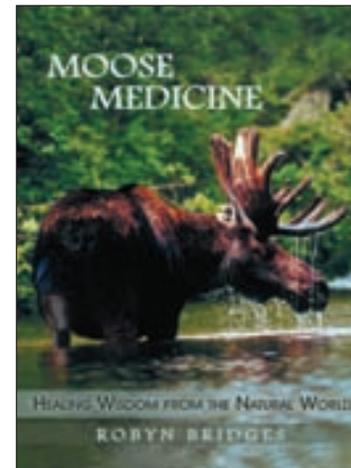
Many people are birthing a new consciousness about the earth and our relationship to it. Although their numbers may still be a small percentage of the world's people, these consciousness groups and individuals are gathering in healing circles, holding conferences, and taking action of necessity, spurred by the agony and ecstasy of awakening to the earth's needs. Jacquelyn Small's insightful book *Awakening in Time* describes a few steps to help us achieve this kind of earth awareness. She and others in her field urge us to:

- Awaken to our soul's evolution;
- Take concrete action to actualize it; and
- Deepen our connection with the Divine in preservation and conservation.

Bill Plotkin, through his seminal work *Soulcraft*, reminds us that earth provides a personal testing ground for our soulful and physical development and that we can learn from stretching our sense of limitation as well as from limitation itself. His program in southwest Colorado invites seekers into rites of passage through the earth's majesty and challenges.

Even with all the contemporary horrors of pollution and toxic soils, the earth still contains so much beauty. As we take time to physically inundate ourselves with its enveloping fields and backcountry quiet, the earth lovingly carves trails back to us that create new passages in the untraveled places of our souls. The delight of taking the time to

be conscious of personal experience with the earth renews body, mind, and spirit. In the process of doing so, it may not be so much that we discover as that we are discovered, truly known by the earth itself, our home and much-needed source of nurturing and solidity in our lives. ✨



Reprinted with permission from *Moose Medicine* by Robin Bridges. Available at Barnes and Noble, Amazon and Balboa Press.

Robyn Bridges has traversed the natural world both as a seeker and a body-mind-spirit therapist for 30 years. With the honorary Seneca name, "She Who Knows the Way", Bridges has inducted hundreds of questers into their own psyches for soul healing. She has been a Licensed Clinical Professional Counselor (LCPC) in Montana since 1996, and is now a full-time author, speaker, and traveler.

MAY 9 - 11

SOREN GORDHAMER: WISDOM 2.0 RETREAT – Disconnect to Connect – Exploring mindfulness, wisdom and compassion while living in the challenges of the digital age. Garrison NY, www.garrisoninstitute.org or 845-424-4800.

MAY 10

RAISING RESPONSIBLE KIDS: A WORKSHOP FOR PARENTS WHO DO AND GIVE TOO MUCH. With Jackie Major, LCSW. Discover tools for creating a loving, cooperative home environment and growing children into respectful, productive adults. Saturday, 10AM to 1PM. Stony Brook. For more information visit www.jackiemajor.com or call 631-291-5800.

MAY 10 - 17

HEAL YOUR LIFE WORKSHOP LEADER TRAINING Train to lead up to 14 different workshops in Louise's Hay's philosophy. Ellicott City, MD. Pre-registration required. Full details: www.healyourlifetraining.com/maryland or call 410-286-5591.

MAY 16

LECTURE: DOES A SUPERHUMAN EXIST WITHIN YOU, with Donna Martini, wellness coach, author and "Nassau County's Lead Ambassador of Wellness" Friday, 8:00PM. Donna's Web Site: www.donnamartini.com. Members: \$10.00, Non-Members: \$15.00. No Pre-registration Required. Levittown Hall, 201 Levittown Parkway, Hicksville, NY 11801. (516) 731-0909 www.eyesoflearning.org.

MAY 16 - 18

SADHANA: A JOURNEY: THEATER, YOGA & DANCE CONVERGE! Live Music/Painting, Drum Circles, Audience Participation, Chakra Photography Exhibit, Wine/Beer Bar. Fri/8PM,

Sat/8PM, Sun/3PM. Vail-Leavitt Music Hall - Riverhead, NY. **Tickets:** TheatreStyleYoga.com.

JUNE 1

SCOTT KALECHSTEIN GRACE Sunday, 1:00 to 4:00PM, Workshop Fee: \$35, Center for Spiritual Living Long Island, 17 Maple Place, Hicksville., 516-822-9314. www.csl-longisland.org. Scott will be our guest speaker and musician at the 10:30AM service and present his workshop "Manifesting with Ease" in the afternoon. "Manifesting with Ease" is an afternoon workshop dedicated to letting go of old beliefs that create struggle and scarcity, and towards allowing ease to be your compass and guiding light. Easy does it! Easy really does do it, and many of us forget that working smarter, not harder, is the secret to success. Scott is the author of *Teach Me How to Love*.

JUNE 26 - 29

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UPCOMING EVENTS

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MIND-BODY MEDICINE: HOLISTIC PAIN RELIEF

by Dr. Heather Tick
Seattle, WA

Hippocrates is the earliest recorded physician and medical philosopher, and we credit him with founding Western medicine. He practiced and philosophized over two thousand years ago. He was a holistic healer, which means he treated patients as a whole and not as a collection of parts, where each part could be treated as though it were separate from the others.

Holism suggests the body cannot be separated from the mind and spirit. In general, the ancient healers, including aboriginal Americans, Africans, and others, were holistic.

Science took a turn away from holism during the seventeenth century, when René Descartes, often regarded as the father of modern philosophy, published a treatise endorsing dualism. It is perhaps no coincidence that this new attitude toward medicine was directly in line with church doctrine of the time — the church had severe ways of influencing scientific philosophers. In any case, Descartes's ideas pushed science down the path of a mind-body

split. This left the mind and spirit in the unchallenged domain of the church while allowing medical science to investigate the de-spirited body.

This focus on the physical body led to countless useful discoveries. During the time after Descartes, we learned a lot about anatomy, physiology, the heart, and circulation. These were important discoveries that gave us the foundation for our understanding of the human body. But the human is more than the sum of the body's physical parts, just as music is more than the sum of the instruments used to play it. Since Descartes, allopathic medicine has focused almost exclusively on the physical body, and the interconnection between the mind and body has been only rarely discussed.

Looking at the body as a machine has limited our ability to understand some of the complex workings of our system. Dualism has kept us from seeing that all conditions affect both mind and body. Over the past forty years, scientific discoveries have pushed medicine back toward holism. New research studies have shown us that the mind and the body use the same system of communication. Holism has been reborn as mind-body medicine.

To better understand the body-mind, let's

review some of the scientific evidence for a body-wide communication system. The gut has 100 million neurons, or nerve cells — enough for a small brain. It produces 80 percent of our melatonin, which we used to think came only from the pineal gland in the brain, and it produces 80 percent of our serotonin, which is supposed to be the brain chemical that improves our mood. Why does our gut make chemicals associated with brain function? We don't yet really know, but maybe it explains why we have "gut feelings."

The human heart is best known as the pump that circulates blood to every part of the body. It also has between forty thousand and ninety thousand nerve cells, puts out an electromagnetic field that spreads eight feet around us in all directions, and makes and releases both norepinephrine, which is a stress hormone and

neurotransmitter, and dopamine, another brain chemical. This is fascinating because every language and culture has expressions involving emotions and instincts associated with the heart. It seems the heart is way more than just a sophisticated pump, but we have unanswered questions about the heart's other functions. What can we perceive from the electromagnetic field of others? Is this what we refer to when we say someone has a real presence — an energy we like or don't like? The neurotransmitters in the heart are the same ones known to create emotional responses in our brain. Are they responsible for the age-old words *heartfelt*, *downhearted*, and *heartbreak*, or the age-old saying "Follow your heart"?

The immune system defends the body from foreign invaders, such as infections. Lymphocytes are types of immune cells called white blood cells. They can produce natural painkillers and the stress hormone ACTH. This hormone usually comes from the endocrine system, which is a system of several hormone-producing glands, including the thyroid and adrenal glands. Monocytes are another type of white blood cell, and they have receptors for every known neurotransmitter, the chemical messengers once thought to be mainly brain communication molecules. It turns out that when we are under stress, monocytes can even produce those same neurotransmitters!

So it seems our immune cells are talking to the glands in our endocrine system using brain language. Most of the immune system is also closely connected with the gut. In fact, 70–80 percent of the immune system lies beside the small intestine. The gut also makes chemicals that talk to the brain and are associated with our thoughts, feelings, and moods. Of course, all the parts of our nervous system are connected to one another too. These connections allow our mind, our brain, and our body to each influence the function of the others. It turns out that there is a body-wide communication system that uses the same system of messengers, and all of our parts communicate with and influence all the other parts. It is not that we "think" ourselves into pain or out of it, or that we make up our problems. What we think can change how we experience the problems we have and how the body reacts. The reaction goes from mind to brain to body and back again.

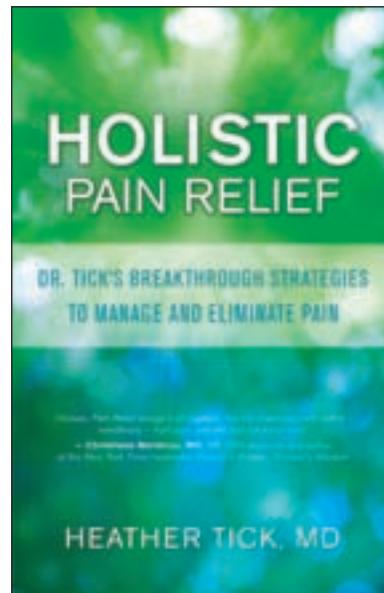
There is just one interconnected and complicated system that uses the same methods of communication throughout our mind, brain, and body. This information is useful in treating all forms of illness but is especially important in pain medicine. To live with less pain, we must learn how our body interacts with the rest of the body-mind and learn ways to help this complicated system help itself. ✨

*Adapted from the book **Holistic Pain Relief** ©2013 by Dr. Heather Tick. Published with permission of New World Library www.newworldlibrary.com.*



Dr. Heather Tick is the author of **Holistic Pain Relief** and has been an integrative medical practitioner for over 20 years. A sought-after speaker, she lives in Seattle and

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MOTHER IS THE FIRST BELOVED

by Sara Wiseman
Salem, OR

Years ago, I worked with a gifted hypnotherapist. He was a newbie to the craft, just starting out, and I don't think either he or I understood the scope of his abilities then. Suffice it to say I went to places and spaces that were far beyond the price of his introductory sessions!

We worked together in the dank basement room of a rental office downtown, the kind of place where folks set up flimsy folding tables and phone banks, then clear out overnight to whereabouts unknown. A way stop for fly-by-night businesses, filled with all the ghosts of failed dreams, hush and hurry, people in unrest.

My own sessions, however, were deeply productive. I leaned back in a faux leather lounge, closed my eyes, and was transported to amazing places: I saw the Book of Knowledge, a large tome up on a larger table, in which I might turn each page and find yet another picture from my own life, a picture that I might look at, and go deeper still. I found the long path of trees, a winding boulevard of sorts, that we are all somehow destined to walk.

And during these sessions I also descended in, entered deeper, and ended up in a room I had forgotten to remember for a very long time: the living room of the house I lived in when I was perhaps one or two or three. I found myself very young – my head did not reach the countertop – in a small, hot kitchen with the radio on, and my mother, visibly pregnant, dancing. We were listening to the radio, the three of us – my mother, me, and my unborn brother in her belly. We danced to the songs of the times, the radio wailing tinny and small.

Everything in the room rushed forth all at once: the speckled, reflective bits of metallic in the kitchen counter top, the thickness of the mug in the sink, the green bottle of Palmolive on the counter, the window opening to a back hedge, glossy with broad green leaves. My hands were slightly sticky still, as if I'd just eaten lunch. My mother wore capri pants; the kind that were popular back then, in a bold shade of sea green. In my regression, I saw clearly the way her pants ended in the middle of her calf, and I had this overwhelming thought: she was so very young.



And in my session, I began to cry. *She was so very young.* Not yet 30, on this ordinary day in which she danced to the radio, alone in a small kitchen, finishing the dishes from lunch, no one there, save her tiny daughter and unborn son.

Mother is the first Beloved. Whether this is good or bad, it is your soul's agreement upon entering the world. We choose our parents, for reasons that may be unclear to us in this reality, but that our soul understands and accepts as an absolute necessity for growth and expansion in this lifetime.

Mother is the first Beloved, the earth soul that answers the new soul, or the new soul that answers the earth soul, and it is not always clear which soul is calling which. The child chooses the parent certainly; but on a soul level, the parent must also welcome, or at the very least allow, the child. Sometimes both souls long for each other with ineffable longing, and it is a mutual calling between mother and child.

Your own mother held you in her womb for 10 months; you were created of her body, you ate of her body, you drank of her like some divine feminine version of holy communion. You were sustained by her womb, her breath, her physical self. In this way you were entered into the world.

Sometimes moving in Divine energy of trance and regression, reveals something you need to remember about your first Beloved: in my case, it was the hem of the sea blue capris that helped me understand how young my mother really was when she

raised me, how new as a mother, how undeveloped as a person, how young to have moved away from family to the west coast. I saw for the first time how she might have felt spending her days alone in a tiny house, filled with hope and fierceness for her new life and her children.

Mother is the first Beloved; we have known her many times before in the karmic passage of previous lifetimes, and we will know her many times again. She is the person who makes it possible for us to enter the world, whether she is fully evolved or only beginning her journey to consciousness, whether she wanted to welcome us or not.

The first Beloved gazes at us, holds us to her breast. The first Beloved allows us to live in and of her body. The first Beloved is most times no wise ascended, no saint or master – just a young woman, unsure and unguided, doing her best to

bring a new soul into the world.

Close your eyes, and breathe deeply. Go to a place in your mind or your memory, in which you can recall something about your own mother, your first Beloved, when you were very, very young. It may be a special blanket, the way the light falls in a forgotten room, a texture, a color, a smell. Go into this place, and feel everything. Because you were so young, your memory will be two ways: that of a young soul, and that of a soul who has not yet forgotten how to hold the stars in your eyes. Remember it all, and allow yourself to feel gratitude. Learn something new, from this exercise, about your mother, and hold it in your heart. ✨

Excerpted from **Living a Life of Gratitude**, by Sara Wiseman

Sara Wiseman is a spiritual teacher, intuitive and author of six insightful books on spirituality and intuition, including **Living a Life of Gratitude**. She is the founder of Intuition University, hosts the popular radio show *Ask Sara*, and is a top contributor to *DailyOM*, *InspireMeToday*, *Aspire* and more. Visit her at www.sarawiseman.com.

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... AND CREATE PEACE – REV. KATHRYN A. BARLEY

September 28, 1949 - February 2, 2014
by Rev. Deirdre Breen, Katonah, NY



EDITOR'S NOTE: Kathryn Barley was a beloved member of the Creations Magazine family, most recently as a longtime advertiser, and previously as a key staff member of Creations in its early years.

Create peace by being peaceful," she said. I did, and my world changed forever. So did the lives of thousands of others who received her simple and elegant request. If she touched your life, suffering diminished. Such was the heart and soul of Reverend Kathryn A. Barley.

She was a woman of profound faith, courage and conviction whose life was changed by a unique, metaphysical request from Mary, the Divine Mother. Yes, I do mean that Mary.

In 1991, while traveling in Medjugorje, the Blessed Mother appeared to Kathryn and asked her to be her hands and heart on earth. It is inconceivable for any of us to actually get it – but it happened. In the years since and up until her passing, many – myself included – were lucky enough to receive healing and prayers from Kathryn. We experienced something beyond this physical world. For me, *divine love* is the phrase that best describes Kathryn's healing presence.

The "lucky ones", numbering in the thousands throughout the world, received miraculous healing of grieving hearts, chronic illness, infertility and even pernicious tumors. More than once, baffled and confused medical providers would scratch their heads as they viewed clear x-rays that had been indicators of cancer, with no explanation for the healing. Such miracles became common once Kathryn accepted the path offered to her by Mary. Mary had given Kathryn a choice to refuse and she could have con-



"Create peace by being peaceful"

tinued living a manageable and reasonable life. Fortunately for many, Kathryn accepted and took on a life dedicated to Mary's healing mission.

I met Kathryn in 2001, after being referred to the Sanctuary's ministerial school. I arrived with a list of questions as part of my due diligence in shopping for a ministers' program. My first question was, "What is your understanding of darkness, and what do you do about it?" She gazed at me, sizing up something about me, (I was ignorant of Mary's visitation at the time), she took a soft satisfying breath and smiled in a way that I would learn to love for years to come, the smile that preceded a pearl of wisdom. She said, "Oh my dear one, the nature of light is to embrace darkness. You do not need to be afraid, just remember that the flame of a little candle lights the darkness – just by being itself."

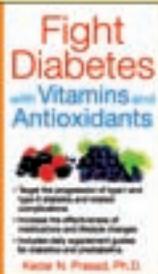
To be with her was to feel a softening of the heart and an assurance that everything would be okay – even when that didn't mean all troubles would dissolve. Although, sometimes they did.

To effect the work of Mary's purpose, Kathryn and her twin sister, Connie,

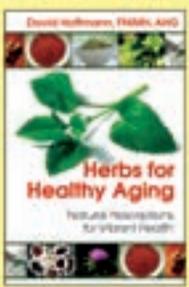
founded the Sanctuary of Peace and Harmony, Inc., in 1995, a not-for-profit organization with the mission of *healing the world to peace*. For many, that mission seemed a monumental task, fanciful in fact, but for the Barley twins, it became their life. Connie is also a healer as well as an astrologer. Together they conducted Reiki trainings, seasonal healing nights, group and private healing sessions and provided plush teddy bears infused with love and magic for ill children. Kathryn also led spirit sojourns to Sedona, Egypt, Tibet and Nepal. In 1997, the Sanctuary started a ministerial school for interfaith ministers.

Kathryn's death was unexpected and has left her family and community in a state of shock. Her life's teachings reverberate heartily as most grapple with and process their grief. Many I have spoken with, sense her spirit profoundly, as she is present and encouraging us to love and continue the mission: Creating peace by being peaceful. As Connie steps to the helm of the Sanctuary, she has more than 60 ordained ministers charged with upholding and forwarding Kathryn Barley's peace mission. ✨

Rev. Deirdre Breen, is founder of *Self-Care Institute, Inc.*, and serves on the board of the *Sanctuary of Peace and Harmony, Inc.* She teaches evidence based self-care practices for health optimization and is often called to ministry at end of life, offering support to the dying and their family. She credits Rev. Kathryn A. Barley with saving her life. www.Sanctuaryofpeaceandharmony.com.



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UNEARTHLY BEAUTY, DIVINE WISDOM: UNEARTHING VENUS

by Cate Montana
Washington State

I was a liberated woman. In fact, I was so liberated I ignored the entire women's movement right up until I was 49 years old and working as the Northwest editor of the newspaper *Indian Country Today*. Then, on assignment, I was told a story about the Shuar tribe in the Brazilian rainforest – a story that awakened me forever to the lie of western female “liberation.”

In this Amazonian tribe men and women held equal power and status. Men hunted and fished and women did traditional female jobs like cooking and childrearing. Both sexes had equal say on the tribal council. But the women were so highly regarded for their intuition and empathic abilities that the men looked to the women for guidance regarding the health of the tribe and the environment. Women knew when things were in balance and when they weren't. When the women said there was enough food stored, the men stopped hunting; when the women said it was time to move, the camp was moved.

The men recognized that Spirit is closer to the surface in women – more easily available because they're more sensitive than the more mental, “doing oriented” male – and they honored women for their closeness with the Earth and the divine.

The story blew me away. How different my world was! In western competitive society most men had no interest in cultural health and balance. Most had little interest in Spirit and even less respect for woman as *woman*. In my “civilized” culture, I held less authority as a woman than any other social position in my tribe. Only when I became something other than a woman – a TV editor or a newspaper reporter – was my status recognized. Most certainly I wasn't honored because of my feminine nature. I was one of the 25 percent of all women who'd experienced the horror of rape – an act depicted on so many TV shows it was accepted as socially normal.

Honored? Here women were blamed for their own abuse. Didn't our bodies entice men beyond control? Weren't we natu-

rally sinful creatures needing a strict and Godly hand? I lay in bed wondering about the power and grace of the women of the Shuar tribe and the wisdom of their men. Autumn air whispered through the open windows with a coolness bordering on cold. On a whim I got up, lit a candle, and stood in front of the large mirror hanging next to my clothes chest. In the light of such thoughts and the candle's fluttering glow, I studied my reflection, staring in wonder. My face shone with an unexpected ethereal beauty. What was it that scattered the light in such a way that I found myself suddenly beautiful? Surely it must be the Spirit shining from within?

I inhaled the moment, intoxicated, reeling with a new vision. My hands traveled downwards, molding cloth, briefly revealing my woman's body, round and full beneath the folds of the nightgown. Why hadn't I seen this before? Had I been so obsessed with my body as just a body, keeping it fit and sexually attractive, that I missed the life flame igniting it?

On impulse I pulled up my nightgown and slipped it over my head, my nipples hardening with the passage of cloth and the touch of cool night air. Thirstily I drank the light, absorbing this transcendent view of myself. *Who could deny such a glory as woman?* Had this vision been deliberately obscured? Was the light of God too much to bear shining from a woman's body? Was this why women had been torn from the altars of the Goddess and turned into whores? Declared unclean and unworthy of entering the inner sanctums of men's temples? Was this why I was stuck with the pale bloodless Mary kneeling at the feet of her dead son? What image of the feminine was that to behold? *The eternal face of the sorrowful victim.*

The candle guttered and I turned slowly, watching my wavering reflection. My hair brushed the curve of my shoulders and swept along the shadowed cleft of my spine. I turned full circle, taking in my breasts and belly. Was this unearthly beauty somehow dangerous, even empowered as it was by the divine? Were men so weakened mistaking spirit for flesh that the full vision of the divine feminine had to be buried and destroyed? *He who has the eyes to see, let him see.*

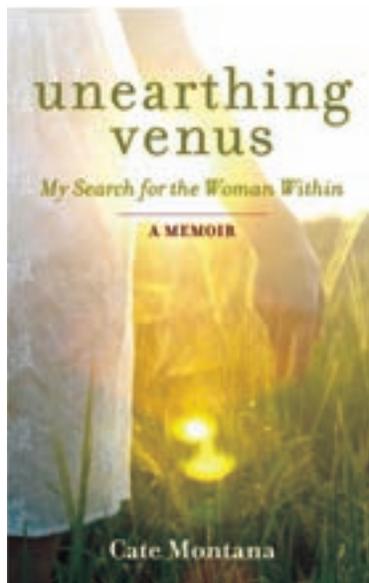
Obviously man's spirit was as weak as his eyes. Why else had women of power, wisdom and grace – women who recognized what I was seeing, who had the temerity to stand up and flaunt the embodied beauty

of the Holy Spirit openly – been systematically slaughtered and maligned for over two thousand years? I gazed long and lingeringly in the mirror, etching the vision of my Godliness onto my aching heart. *This is what I've been looking for!*

It was what all my women friends yearned for: to be seen as they really were. Not faces attached to female body parts, not objects of dirty jokes, but God itself radiating forth. I wove my arms across my breasts,

embracing my body, weeping, acknowledging the truth banished by my society and so long withheld by my own mind: *In this body I am divine.*

I breathed in the thought with the night air and let it uplift and restore my soul. ✨



Author of **Unearthing Venus: My Search for the Woman Within** and co-author of **The Heart of the Matter** with Dr. Darren Weissman, Cate

Montana's work focuses on self-realization and the global reawakening to feminine heart-based values and sustainable lifestyles. A journalist and former editor for U.S. and foreign networks, including ABC, NBC, CNN and the BBC, she is also a screenwriter and has co-authored **Zentropy** with Hollywood filmmaker Betsy Chasse. www.uneartingvenus.com.

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FINANCIAL WELLBEING

John Ryan is a Senior Vice President of Investments with Janney Montgomery Scott LLC. John studied for his Bachelor's and Master's degrees in Economics and Finance at St. John's University, and received a Master's Degree in Gerontology and a Thanatology certification from the College of New Rochelle. He is the recipient of the prestigious *New York State Office for the Aging Award* in recognition of his financial and estate planning work, as well as his grief counseling work with seniors and their adult children and grandchildren.

John is a Reiki Master and Chakra Therapist, and co-founder of the Great Neck Business Circle, President of the Great Neck Senior Center, Vice President of CLASP (Children Learning After School Program) and founder of Project SAFE.

We all need to remember that family change usually involves making important money decisions that require thoughtful planning. Some important areas that need attention are:

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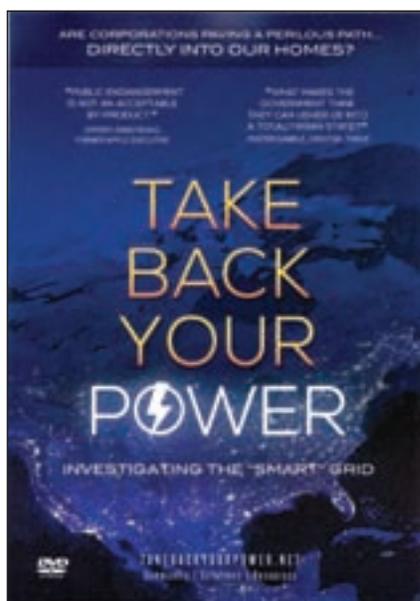
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Film

TAKE BACK YOUR POWER
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Big Pitcher Films
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by Josh del Sol
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We are living in a time of great fragmentation of our people, with accompanying, blatant corruption of, and collusion between, government and corporations on a massive scale. Every issue seems to polarize the public, with a net result of nothing being accomplished. This film, however, presents a topic with the capacity to bring together Democrat and Republican, Conservative and Liberal, the religious and secular. As such, it may herald, as is suggested by the film, the coming of a truly new age of energy production and power, while signaling the “last gasp” of the current energy paradigm.

Only a corporate action so wrong on so many levels could have the power to do this. Such is the case with the mandate of the installation of “smart” meters. These digital, electric, wireless devices, which communicate back to utility companies, are presented as capable of enhancing energy security, reducing greenhouse gases, improving urban air quality, and providing billions of dollars of benefits to the public. However, they also emit damaging amounts of radiation, have caused hundreds of house fires from explosions after being installed (or utilized to turn electric power off and on), have increased costs for customers (doubling and tripling charges in some cases without benefit TO the customer), and set the stage for a surveillance network in each and every home. Even further, as they are designed to track time of energy usage, they create the ability for utilities to implement differential pricing during peak periods of energy usage. They also add another layer of pulsed radio-frequency radiation in our homes.



And yet, the negatives go on. There is a wave of new, “smart technology” appliances, which, in connection with smart meters, will track customers’ habits and movements in the home, usage of energy and water, and potentially much more as homes are switched over to these appliances.

In some areas of the country where this mandate is occurring, moratoriums have been enacted on the installation of smart meters, given concerns of the residents. These concerns are fairly well documented in this film, with statements from lawyers, a former CIA

director, doctors and researchers who show cellular changes which occur from the levels of radiation emitted from these devices.

Other, closely related issues are explored, including CISPA (the Cyber Intelligence Sharing Protection Act), which legalizes the transferring of the customers’ data collected by utilities and corporations to the government. Thomas A. Drake, whistle blower and former Senior

Executive of the National Security Agency (NSA) relates the following: “What you’re seeing is the establishment of a surveillant society...the establishment of a surveillance network.”

A look is given at the usefulness of fear in keeping protests to a minimum, and the influence of the current Energy Industry in suppressing alternative technologies. Notable is the statement that *six of the seven world’s largest companies are in the oil and gas industry, and have a vested interest in keeping the status quo*. A striking example of this directive is given by Spain, which has enacted a “solar tax” on those persons generating their own energy. This new tax would extend the average time it would take for solar panels to pay for themselves from eight to twenty-five years, according to the solar lobby in that country. “Dirty electricity”, caused by AC/DC converters, cell phone radiation (and its possible connection with the growing number of autistic children), transmitting antennas

and associated “cancer clusters”, are other topics examined.

Thalidomide, DDT, smoking, asbestos, lead paint, PCB, Fen-phen, methyl-mercury...these, as the film cites, were once “extensively tested and safe” according to numerous governments around the world, yet caused the deaths or compromised the health “of untold millions.”

The problem with Smart meters, as one interviewee puts it, is that . . . “It’s that a device that is broadcasting and receiving wireless signals permanently (that) has been surreptitiously placed in your home, unnecessarily and without your permission and without proving itself scientifically. This is a test case for technological democracy . . .” Finally, instructions are given on how to resist having one of these meters installed in or on your home. This film is a call for everyone to engage. As such, it is a must-see film.

GROUNDING
Kroschel Films, in association
with One Paw Productions
Written and Directed
by Steve Kroschel
Music by Stuart Mitchell;
performed by the Czech
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Grounded is a visually beautiful film with a lush, symphonic score. The film attempts to demonstrate the vital importance of a connection with the earth . . . literally. Grounding, as used in this film, means to actually connect with the earth, either through direct skin-to-earth contact, through a conductive material (such as leather-soled shoes – plastic won’t work) or through a grounding wire. The benefit is said to be in the taking up by the body of free electrons from the earth.

After hearing about grounding on an internet video show, nature photographer, filmmaker and wildlife specialist Steve Kroschel spends about 20 minutes lying naked, on the bare earth under his house, and finds that it significantly relieves his body aches and pains. He goes about researching this “grounding” phenomenon, while encouraging others in his town of Haines, Alaska to try it. In the process, we are introduced to researchers in the field of

grounding. Most significant among these is Clint Ober, credited as the modern-day *earthing* discoverer.

The filmmaker is excited and enthusiastic about his subject matter and, as such, makes an entertaining film. As one who

has unmistakably felt and benefited from spending many hours, gloveless, digging into the earth of my garden, I can attest that health benefits to mind and body undoubtedly ensue. However, where this film falls short is in its lack of follow through regarding the science. The film seems to be set up as a scientific inquiry/experiment, but little science is revealed. We see two vases of flowers, one grounded, one not, and

see the flowers in the grounded vase last much longer. What we don’t see is how the vase is attached to the grounding wire.

We hear about electrons being soaked up by the body, and skeptics doubting the effects of grounding when surely a meter could be attached to the wire to measure the flow of electrons. Other folks in town join in, and are seen being handed a brown paper bag, but we never see what exactly is in the bag. We hear from the filmmaker that “If I had known about earthing years ago, the mother of my son would still be in this world.” Yet we are not told what she passed from.

The message of the filmmaker seems to be that grounding cures everything. That is a pretty tall order, given the chemicals, radiation, GMO’s, and more in our environment. Mr. Kroschel states that, in 2008, “. . . NASA announced the earth is linked to the sun by a network of magnetic portals,” without sharing what he believes this means with regard to the film’s subject. The science must be there, as Mr. Kroschel mentions Clint Ober as having published “over a dozen peer-reviewed scientific studies.” This film would have benefitted from its inclusion.



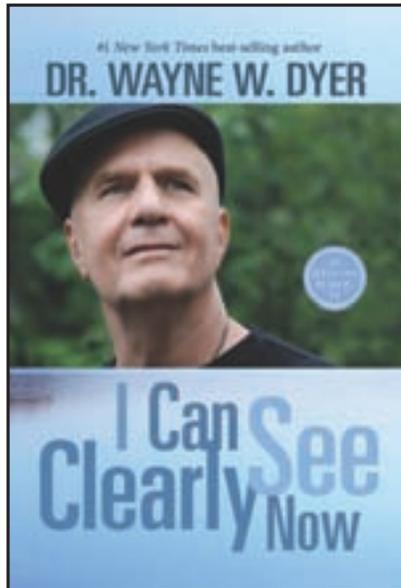
Mark Maxwell Abushady
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BOOK REVIEWS

I CAN SEE CLEARLY

by Dr. Wayne Dyer
www.HayHouse.com

Rather than a run-of-the-mill memoir, Dr. Wayne Dyer has gathered together quantum moment recollections. In this revealing and engaging book, Wayne shares dozens of events from his life, from his childhood in Detroit up to present day. In unflinching detail, he relates his vivid impressions of encountering many forks in the road, taking readers with him into these formative experiences. Yet, he views the events from his current perspective, noting what lessons he ultimately learned, as well as how he has made the resulting wisdom available to millions via his lifelong dedication to service. In the process, you'll be inspired to look back at your own life to see how everything you have experienced has led you to where you are right now. Wayne has discovered that there are no accidents.

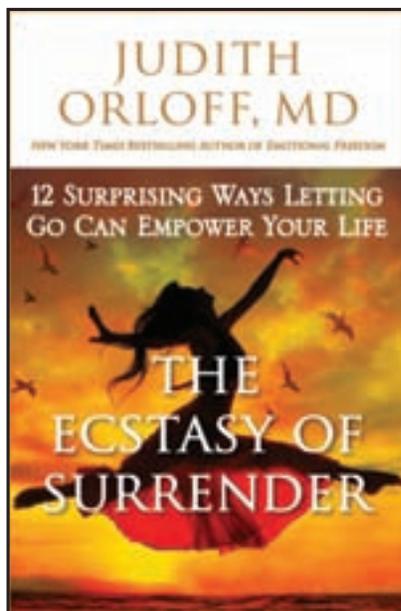


Although we may not be aware of whom or what is “moving the checkers,” life has a purpose, and each step of our journey has something to teach us. As he says, “I wasn’t aware of all of the future implications that these early experiences were to offer me. Now, from a position of being able to see much more clearly, I know that every single encounter, every challenge, and every situation are all spectacular threads in the tapestry that represents and defines my life, and I am deeply grateful for all of it.” *I Can See Clearly Now* is an intimate look at an amazing teacher, but it also holds the key for seekers on a personal path of enlightenment. Wayne offers up his own life as an example of how we can all recognize the hand of the Divine steering our individual courses, helping us accomplish the mission we came here to fulfill.

THE ECSTASY OF SURRENDER

by Judith Orloff, MD
Harmony Books

The Ecstasy of Surrender is the perfect book to come along at the perfect time. Judith Orloff MD, a UCLA psychiatrist and beloved intuitive healer, masterfully explores how the power of letting go allows you to achieve personal and spiritual freedom. Combining mainstream medicine and beyond, Dr. Orloff blows apart old ideas about health, aging, sex, power, beauty, and money by showing that surrender is NOT defeat—it is the missing key to true success. She defines surrender as the grace of knowing when to flow with life rather than fighting it or pushing so hard you sabotage yourself.



This daring book is filled with a wealth of practical strategies to help you listen to your intuition more deeply and surrender to the wisdom of your body and the guidance of spirit – even when your ego wants to force things or when you're overwhelmed by fear. I especially love the section on surrendering in relationships – how to surrender to love and let go of obsessive and “delusional” relationships which stand in the way of love. Also you'll learn the art of setting boundaries with toxic people and practice the mantra: “no is a complete sentence.”

The great miracle of surrender is that you can live in the passionate zone of the heart and gain deep faith in yourself and the divinity of your life. Dr. Orloff writes, “If you're like me – someone who wants to become everything you were meant to be and more –surrender is a doorway in,” Savor the wisdom and joy that jumps off the pages. Return to these lessons again and again over a lifetime.

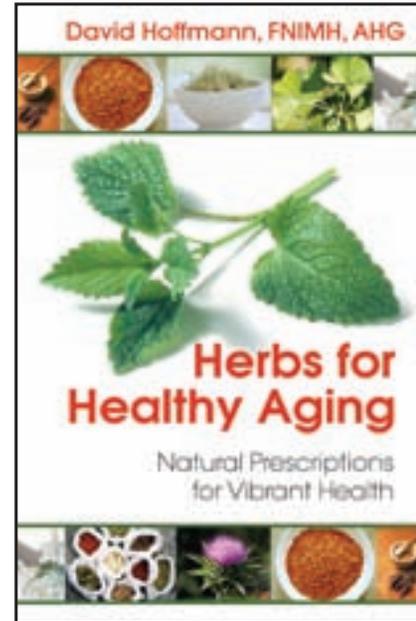
(Reviewed by Caroline Myss)

Celebrate the release of Dr. Judith Orloff's new book *The Ecstasy of Surrender* April 2 at 7PM at the New York Open Center & April 6 at Unity Church of NY.
www.drjudithorloff.com.

HERBS FOR HEALTHY AGING: Natural Prescriptions for Vibrant Health

by David Hoffmann
www.InnerTraditions.com

In this herbal guide to healthy aging, medical herbalist David Hoffmann discusses how to maintain the body's vitality as we age and how to treat and prevent the health concerns brought about by aging. He provides herbal treatments to restore and protect each of the body's major systems – from the muscles, bones, and digestive system to the pulmonary, cardiovascular, and reproductive organs – as well as herbal remedies for specific ailments such as prostate enlargement, hot flashes, hypertension, insomnia, bronchitis, varicose veins, and arthritis. He shows how herbs can help minimize dependence on conventional medical treatments and provide a safe and welcome alternative to the unpleasant and sometimes dangerous side effects of synthetic drugs.



In the materia medica, Hoffmann details more than 150 health-promoting herbs and their actions on the body and mind, preparation methods, and recommended dosages. This authoritative guide to herbal preventive medicine offers holistic treatments designed not only to promote vibrant health but also to provide a way to age with grace.

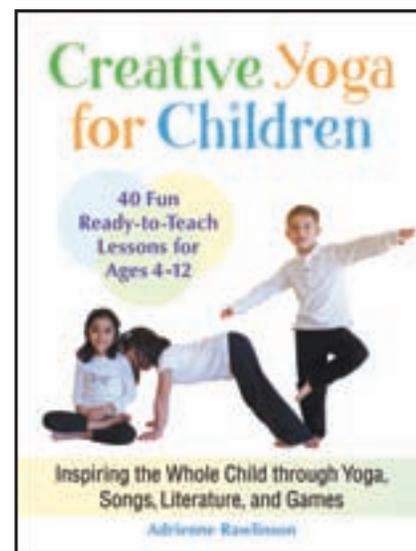
CREATIVE YOGA FOR CHILDREN: Inspiring the Whole Child through Yoga, Songs, Literature, and Games

by Adrienne Rawlinson
www.NorthAtlanticBooks.com

It's no secret that practicing yoga is wildly beneficial. It is a time-tested system that promotes, amongst other things, overall health and wellbeing. In fact, today many doctors and mental health practitioners are prescribing it in lieu of medication to patients. So it

is no surprise that parents and teachers are catching on as well, making yoga for children a popular and highly sought-after activity.

In her book, *Creative Yoga for Children*, yoga and Montessori schoolteacher, Adrienne Rawlinson, has created and compiled forty ready-to-teach yoga classes for children ages 4-12. It is an intelligent and inspiring manual that would be of great benefit in every child's classroom and home. Layperson friendly, Rawlinson's lessons are easily understood and executed. Incorporating songs, literature, art, music, and games with the classical teachings of yoga, makes for a well-rounded and organic approach to learning.



Following the structure of a classroom lesson plan, topics vary by age and include colors, sounds, the body, countries of the world, botany and zoology, the environment, geometry, the Earth, and more. Each hour-long lesson incorporates yoga poses, breath work, meditation, and mindfulness with discussion of the theme and intention of the class, providing children with the tools necessary to care for both their bodies and their minds. *Creative Yoga for Children* is an invaluable reference and resource for children and those who work with and/or care for them.

(Reviewed by Erica Settino)

DREW DROP AND THE WATER CYCLE

by Cathy Sherman
Illustrated by Ethan Kimberling
ISBN: 978-1492282600

The best children's books are the ones that captivate a child's attention, inspire their imagination, and teach them an invaluable lesson. *Drew Drop and the Water Cycle* manages to do all three. Through vivid illustration, creative subject matter, and exciting adventure, *Drew Drop and the Water Cycle* offers a new means of education and understanding in regard to a most familiar and yet, most overlooked phenomenon: Water.

(Reviewed by Erica Settino)

AVOID DANGEROUS GENETICALLY ENGINEERED FOODS!

Continued from page 7

organ damage. The research design used several different treatment groups: those fed Roundup Ready corn that had been sprayed with Roundup, those fed Roundup Ready corn without Roundup applied, and those fed just Roundup with no added

While the tipping point has largely been achieved within the natural products sector, the conventional food industry is undergoing the most decisive test yet. In January, Post announced that one of its varieties of Grape Nuts cereal became Non-GMO Project verified. That ushered in a new phase called “The Battle for

Market Share.” If sales shift towards the non-GMO product variety and away from competing brands, then marketers for every other brand category will be inspired to quickly eliminate GMOs before their competitor does it first.

Making a Choice for Ourselves and Our Future

The current situation is dangerous. GMOs are likely promoting the rise of numerous

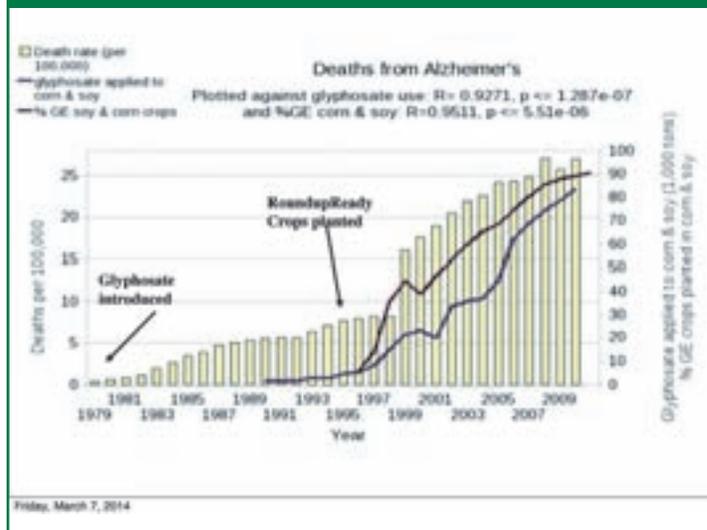
diseases in humans and animals, and creating widespread chemical and genetic pollution in the environment. Those who call for more science are ironically labeled by the biotech industry as “anti-science.” And the scientists who *do* discover safety problems or even express concerns are typically attacked and dismissed.

Fortunately, US citizens are no longer accepting the baseless claims that GMOs are safe. As they wake up to the risks of GMOs, they take matters into their own hands and seek non-GMO alternatives. According to a Hartman Group 2013 survey, 39% of us say we are trying to reduce or avoid GMOs – up from about 17% in 2007. If the food industry responds in America like they did in Europe, consumers will ultimately move the market and protect themselves from the risks of this dangerous technology.

To avoid GMOs, visit www.NonGMOShoppingGuide.com, or download the free iPhone app ShopNoGMO. To get a crash course on the health dangers, watch the award winning film Genetic Roulette – The Gamble of Our Lives at www.GeneticRouletteMovie.com. For updates, sign up for the free newsletter at www.Responsibletechnology.org.

Safe eating. ✨

Deaths From Alzheimers



GMO corn. All three groups suffered from these maladies to various degrees, while the controls fared much better. Thus, each component had a negative impact and the actual harm to humans and animals eating GMOs may be due to the synergy of causes.

Tipping Point Against GMOs Rising in the US Population

Although governments have not been fully responsive to the mounting evidence of harm from GMOs, consumers are reacting in greater numbers. The impact can be significant and world-changing. In Europe, for example, after the media publicized significant health risks of GMOs in early 1999, a tipping point of consumer rejection forced the food companies to commit to remove GM ingredients in that continent. Now consumer rejection in the US appears to be setting the stage for the removal of GMOs in this country as well.

Consumer concern over GMO health risks has driven unprecedented demand for non-GMO products. In fact 2012 sales of non-GMO labeled products in the United States increased more than any other health and wellness category, according to 2012 Nielsen Health and Wellness Claims Performance Report. An executive at the national food store chain Whole Foods said that when a product becomes verified as non-GMO, sales increase by 15-30%.



Jeffrey Smith is the Executive Director of the Institute for Responsible Technology, and the author of *Seeds of Deception*, the world's bestselling

book on GMOs, *Genetic Roulette*, a compilation of health dangers of GMOs. His feature length documentary called *Genetic Roulette—The Gamble of Our Lives* won 2012 Movie of the Year (Solari Report) and Transformational Film of the Year (AwareGuide).

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Scott Kalechstein Grace lives in Northern California and is the author of *Teach Me How to Love*.

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EXPANDING *the* CIRCLE

by Erica Settino • Huntington, NY

There's no doubt about it. It's been a long cold winter. Many people have lost power, some lost money due to unplanned time off from work, and most notably, a large majority of people lost patience.

A few weeks ago my landlord called to inform us that a pipe had burst – perhaps due to the frigid temperatures – and that we'd be without water for a short time. My husband and I filled our Brita to the brim and purchased a few gallons of bottled water to tide us over. It was no big deal really. We were warm, healthy, and if need be, we could shower at a friend's house. What struck me was how often during that time we went to the faucet out of habit only to have nothing come out. It was a humbling reminder of our simple, yet in comparison to so many others in this world, luxurious existence. How even he and I, two people who strive to practice mindfulness and gratitude on a daily basis, can forget, and even take for granted the seemingly small, yet profoundly significant blessings in our lives. Water, my friends, is a big one!

I failed math in high school, and I'm not a statistics kind of girl, but I do know that there are far-too-many people living in this world without running and/or clean water. There are people, right here in our back yard, as well as across the globe, who go to bed hungry each night.

We were without water for approximately twelve hours. And what might have been a hardship for some, was for us a time to reflect on all of our blessings with a deep, deep sense of gratitude. It made us appreciate the water all the more when it came back on. Now every time I flip the faucet I say thank you. And when it turns from cold to hot I am like a young child who can't believe or understand the magic of it all.

That feeling of magic is exactly what I want to help facilitate in the lives of others. When we were without water I thought about the billions of people and animals dying of thirst and starvation all over the world. I became bereft not by my own very minimal loss, but because of

those who are needlessly suffering due to some having so much, while many have so little. My blessings motivate me to, in some way, help bless others. There's so much I want to do. And if I could hop on a plane tomorrow to India or Africa, or anywhere else I may be of service, I would. I know one day I will. But in the meantime, I help every living being, everyday, by choosing to live vegan.

Like I said, I'm not a stats girl, but the statistics are there. If every one of us stopped eating precious animals and their byproducts, not only would we end the abhorrently cruel practice of breeding animals only to kill them, but we would also end world hunger. There's room for everyone in this world. So get up and make some room. Extend your gratitude for your blessings by remembering those who have less and give of yourself. Harm no one, help everyone, and you will receive so much in return.



Erica Settino is a long-time yoga teacher and animal activist. Through her teaching, writing, and non-profit organization, Karuna For Animals:

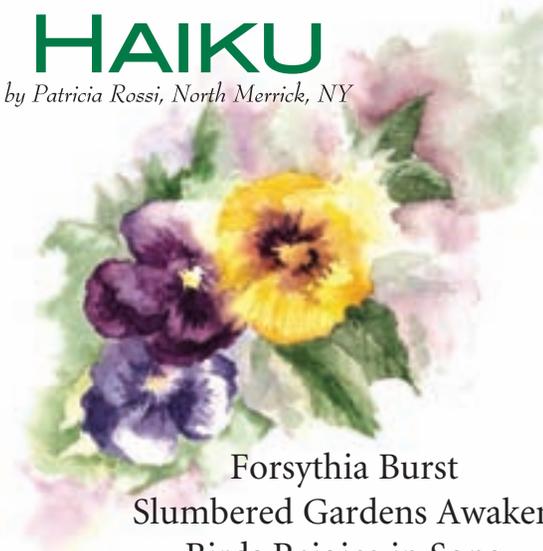
Compassion In Action, Inc., she works to promote compassion, non-violence, and kindness for all living beings. www.karunaforanimals.com. Information about Erica and her yoga classes can be found at www.yogaturtle.net. Erica is also Editor-at-large for Creations Magazine.

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POETRY

HAIKU

by Patricia Rossi, North Merrick, NY



Forsythia Burst
Slumbered Gardens Awaken
Birds Rejoice in Song

YES!

by Meryl Easson, Centerport, NY

We can Do this!	We can accept, What seems Like loss;
We can Let go,	And open ourselves, To Love.
Of all We've outgrown;	How could A manifestation, Of Infinite Mind,
And flow, With all The changes.	Do anything less?

Art by Jahn Guarino 631-368-4800 JahnGuarino.com

MOTHER EARTH HAIKU

by Roberta A. McQueen, Amityville, NY

Mother Earth Divine
We must care for our Planet
Every Day is Earth Day



*"It is difficult to get the
news from poems, yet men
die miserably every day for
lack of what is found there."*

— From Asphodel that Greeny Flower

RESURRECTION

by Maureen Hadzick-Spisak, Huntington Station, NY

I now sit waiting, watching
As nature performs her miracles
Forsythia and pussy willow
Resurrect
Bulbs and buds
Rebirth
It is as inevitable as
The redness of a cardinal
Flatworms, starfish, salamanders
Regenerate
Earth is spirited, green, full of life
Renewing, dawning, arising
And when I enter this blissful oneness
I too shall resurrect

THE PENDULUM SWINGS

by Susan Marie Davniero, Lindenhurst, NY



My sisters and I at Sheepshead Park

From dawn to sunset brings
The pendulum of life swings
It was once upon a time
Of swings and nursery rhymes
Young girls at Sheepshead Park
On the swings until it got dark
Flying high chasing the clouds
My childhood days allowed
As I look back on yesterday
The pendulum swings the other way
By sweeping fallen leaves away
I long to swing again today

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